It was a day in July; we planned to party all night So we rolled up to my best friends house Loud beats on the speakers, we was blowin the tweeters Aint no stoppin till the house came down It was a beautiful day, with the parents away And women hangin off the walls All the girls in bikinis, sitting there eating weenies Coz this party was exactly what we all came for You gotta roll with the punches, take em as they come Baby I can be your number one You gotta do what you want girl, live it while your young So here we go with another one Ahh Freak out, coz the boys are back And we wanna get down with you girl No doubt, you can't hold us back But I don't think you want to girl Ahh Watch out-huh, this is full contact And we gonna get close to you girl Freak out, you can't hold us back So the rest is up to you girl There was a knock on the door, screaming down on the floor The police saying that we getting busted What unusual vision to see my face on television I never thought I'd star in my own news report

To all the ladies out there, ya better prepare
Don't get your knickers in a twist coz we gonna play fair
We gonna be waiting right here
So We gonna be waiting right here
Girl there's no doubt that we gonna freak out
And you'll wanna get down coz your feelin me
Yo girl you look wow get your friends to come on down
If ya all wanna we can all freak out